

**WIC Nutrition Education Survey
Local Agency 108 Report
May 2008**

Report for LA #108

(Note: Questions are not listed in survey order).

Who answered the survey?

Number of clients who completed the survey:20

Information about the clients who answered the survey

Q16. How old are you?

The distribution of ages of the clients who answered the survey is shown below.

	# of clients	%
a. 15 or younger	0	0%
b. 16-18	0	0%
c. 19-29	13	65%
d. 30 or older	7	35%

Q23. What is the highest level of school you have finished?

The education levels of the clients who answered the survey were:

	# of clients	%
a. 1 st to 6 th grade	2	11%
b. 7 th to 9 th grade	2	11%
c. 10 th to 12 th grade	3	17%
d. High School graduate or GED	8	44%
e. Trade or technical school	3	17%
f. College	2	11%

Q24. What is your race or ethnicity?

The distribution of the race or ethnicity of the clients who answered the survey is:

	# of clients	%
a. White	10	50%
b. Afro-American	2	10%
c. Hispanic or Latino	7	35%
d. Asian or Pacific Islander	0	0%
e. Native American or Alaskan	1	5%
f. Mixed race	0	0%

Q25. What is the main language spoken in your home?

The language distribution of the clients who answered the survey is:

	# of clients	%
a. English	14	70%
b. Spanish	5	25%
c. Other	1	5%

Clients Parental Status

The WIC categories for the clients who answered the survey are shown below (*Note: Clients answered four separate questions related to their WIC client status.*)

Q17. 5% of clients who answered the survey were pregnant.

Q18. 5% of clients who answered the survey were breastfeeding.

Q19. 45% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q20. 80% of clients who answered the survey were the parent/caretaker of a child over 1 year old.

Q21. How many children do you have?

Clients who answered the survey reported having the following number of children.

	# of clients	%
a. 0	0	0%
b. 1	8	40%
c. 2	2	10%
d. 3 or more	10	50%

Q22. What is your relationship to the child(ren) in WIC?

Clients who answered the survey described their relationship to the children in WIC as:

	# of clients	%
a. Mother	18	90%
b. Father	0	0%
c. Grandparent	2	10%
d. Foster parent	0	0%
e. Other	0	0%

Q26. Are you ever concerned you won't be able to buy enough food to feed your family?

35% of your clients reported food insecurity.

	# of clients	%
a. Yes	7	35%
b. No	13	65%

SECTION 1 describes participants' opinions about WIC. The section included six questions.

Clients' Perceptions of WIC Services

Q1. How important are these WIC services for you?

Clients who answered the survey indicated the importance of the following eight WIC services.

	Very important	A little important	Not important
a. Learning how to feed my family	19 (95%)	1 (5%)	0 (0%)
b. Learning how to breastfeed my baby	9 (50%)	4 (22%)	5 (28%)
c. Getting up-to-date nutrition education	18 (90%)	2 (10%)	0 (0%)
d. Sharing ideas with other parents	12 (60%)	7 (35%)	1 (5%)
e. Getting WIC food packages	19 (95%)	1 (5%)	0 (0%)
f. Health screenings	20 (100%)	0 (0%)	0 (0%)
g. Referrals to other services	14 (70%)	6 (30%)	0 (0%)
h. Getting vaccines for my child	19 (95%)	0 (0%)	1 (5%)

Q6. How well does WIC meet your needs on the following?

Clients who answered the survey indicated how WIC meets their needs on the following eight WIC services.

	Great	Okay	Not so Great
a. Learning how to feed my family	17 (85%)	2 (10%)	1 (5%)
b. Learning how to breastfeed my baby	15 (75%)	3 (15%)	2 (10%)
c. Teaching me about the right kinds and amounts of food to eat	16 (80%)	2 (10%)	2 (10%)
d. Meeting other people	11 (55%)	4 (20%)	5 (25%)
e. Providing WIC foods	18 (90%)	2 (10%)	0 (0%)
f. Teaching me how to keep my family healthy	16 (80%)	4 (20%)	0 (0%)
g. Learning about healthy weights for me and my children	16 (80%)	2 (10%)	2 (10%)
h. Getting vaccines for my child	16 (80%)	4 (20%)	0 (0%)

Nutrition Education: What clients would like and how they receive classes now

Q3. If it were up to you, how would you like your WIC nutrition education?

Clients who answered the survey reported their preference for WIC nutrition education as shown below.

	Would Like a Lot	Would Like a little	Would Not like
a. Food demonstration/taste test	10 (50%)	6 (30%)	4 (20%)
b. Discussion group with other parents	10 (50%)	8 (40%)	2 (10%)
c. On the Internet	8 (42%)	5 (26%)	6 (32%)
d. Video with discussion	10 (50%)	5 (25%)	5 (25%)
e. Lessons I can take home	13 (65%)	7 (35%)	0 (0%)
f. Self-paced lessons I do on my own	10 (50%)	7 (35%)	3 (15%)
g. Activities such as grocery store tour, nutrition carnival or bulletin board	6 (30%)	8 (40%)	6 (30%)

Q2. How have you been receiving your WIC nutrition education?

Clients who answered the survey reported that they have received nutrition education in the following forms.

	Yes	%
a. Food demonstration/taste test	6	30%
b. Discussion group with other parents	11	55%
c. On the internet	3	15%
d. Video with discussion	12	60%
e. Lessons I take home	10	50%
f. Self-paced lessons I do on my own	7	35%
g. Class with no video or discussion	6	30%
h. One-on-one counseling with the dietitian	16	80%
i. Other activities like grocery store tour, nutrition carnival or bulletin board	6	30%

Q5. My WIC clinic:

	Yes	Sometimes	No
a. Offers classes in my language.	20 (100%)	0 (0%)	0 (0%)
b. Offers classes at times when I can attend.	19 (95%)	1 (5%)	0 (0%)
c. Offers me a choice of classes.	15 (75%)	1 (5%)	4 (20%)

Q4. The people at my WIC clinic care about me and my family.

	Yes	Sometimes	No
a. The people at my WIC clinic care about me and my family	19 (95%)	1 (5%)	0 (0%)

SECTION 2 contains 5 questions. Three describe how clients get information or support. The other two ask about technology in the home and internet use.

How WIC clients get information and support

Q7. If I have a question about feeding my family, I am likely to go to:

Clients who answered the survey reported getting information about feeding their families from the following sources.

	Yes	%
a. WIC	6	30%
b. Spouse/Partner	11	55%
c. Other family (mother, mother-in-law, aunt)	3	15%
d. Friend	12	60%
e. Health professional (doctor, nurse)	10	50%
f. Magazine or book	7	35%
g. Web site	6	30%
h. TV show	16	80%

Q9. Do you know where to get help in the community?

Clients who answered the survey reported that they know how to get help from the following community resources.

	Yes	%
a. Shots for my children	19	95%
b. Food assistance	17	85%
c. Clothing assistance	11	55%
d. Housing assistance	10	50%
e. Help with family problems	14	70%
f. Healthcare	20	100%
g. Childcare	11	55%
h. Help with alcohol, tobacco, drug, or substance use/abuse	10	50%
i. Family planning (birth control)	15	75%

Referrals WIC provides

Q8. WIC has told me about (referred me to) the following community resources:

Clients who answered the survey reported that WIC has told them about or referred them to the following community resources.

	Yes	%
a. Head Start / <i>Early Head Start</i>	5	25%
b. 211 line	10	50%
c. Breastfeeding support	13	65%
d. Tobacco quit line	7	35%
e. Dental health care	12	60%
f. Family violence assistance	8	40%
g. Substance abuse help	5	25%
h. Family Health care	16	80%
i. Pregnancy Health care	15	75%
j. Family Planning	9	45%
k. Food Stamps	8	40%
l. Clothing assistance	5	25%
m. Medicaid	12	60%
n. ECI (Early Childhood Intervention)	4	20%
o. Texas Health Steps	11	55%

Technology in the home

Q10. Do you have a DVD?

100% of clients reported having a DVD in their home.

Q11. Where do you access the internet?

80% of clients reported having access to the internet.

Clients who answered the survey who do have Internet access reported using the Internet at the following locations.

	# of clients	%
a. Home	8	40%
b. Work	2	10%
c. Library	6	30%
d. School	1	5%
e. Friend or family's house	4	20%
f. Other	0	0%

SECTION 3 looks at family behaviors and clients activities and clients perceptions.

Client nutrition and activity- related behaviors

Q12. In the past year have you tried to do any of the things below?

Clients who answered the survey reported trying to do the following healthy behaviors in the past year.

	Yes	%
a. Lose weight	16	80%
b. Be physically active most days of the week	18	90%
c. Watch less TV	15	75%
d. Eat low fat foods	15	75%
e. Eat more fruits and vegetables	18	90%
f. Buy fruits and vegetables at a Farmer's market	7	35%
g. Cook more meals at home	19	95%

Q13. Please mark how often these items are true for you:

Clients who answered the survey reported modeling the following healthy behaviors at home. *(Note: Clients who do not have a child are not included in items a and b. Clients who do not have a child over age 1 are not included in item d.)*

	Almost Always	Sometimes	Almost Never
a. My child sees me being physically active.	11 (58%)	8 (42%)	0 (0%)
b. I participate in physical activities with my child.	13 (68%)	5 (26%)	1 (5%)
c. I prepare meals at home.	18 (90%)	2 (10%)	0 (0%)
d. My child helps prepare meals at home.	2 (13%)	7 (44%)	7 (44%)

Q15. Please mark how often each statement is true for your family:

Clients who answered the survey reported the following mealtime behaviors.

	Almost Always	Sometimes	Almost Never
a. The TV is turned off during meals	6 (30%)	10 (50%)	4 (20%)
b. My family sits down to eat meals together	13 (65%)	6 (30%)	1 (5%)
c. Mealtime with my family is enjoyable	18 (90%)	2 (10%)	0 (0%)

Clients perception of self

Q14. Please mark how physically fit you consider yourself.

Clients who answered the survey rated their physical fitness as follows.

	# of clients	%
a. Very physically fit	0	0%
b. About average	14	74%
c. Not very physically fit	5	26%